

ABSTRACT OF THE DISCLOSURE

An athletic shoe includes a sole assembly and a cushioning arrangement disposed within the sole assembly. The cushioning arrangement includes a cushioning element, and a stiffening spring at least partially surrounding the cushioning element. The spring has a stiffness greater than the cushioning element. The athletic shoe can include a sole assembly having cushioning arrangements provided across a width of the sole assembly. In a preferred arrangement, similar cushioning assemblies are disposed on medial and lateral sides of the shoe, with three additional cushioning assemblies provided between the lateral and medial assemblies. Each of the lateral and medial assemblies can include a stiffening spring that at least partially surrounds at least one cushioning element.